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SANDOW'S MAGAZINE

VOL. XV. (New Series). AUG. 3, 1905. No. 109

Contents.

Physical Culture By EUGEN SANDOW

The Art of Wrestling
(Illustrated) By TOM BURROWS and F. NEVILLE PIGGOTT.

A Plea for Free Exercises
By H. H. SMITH.

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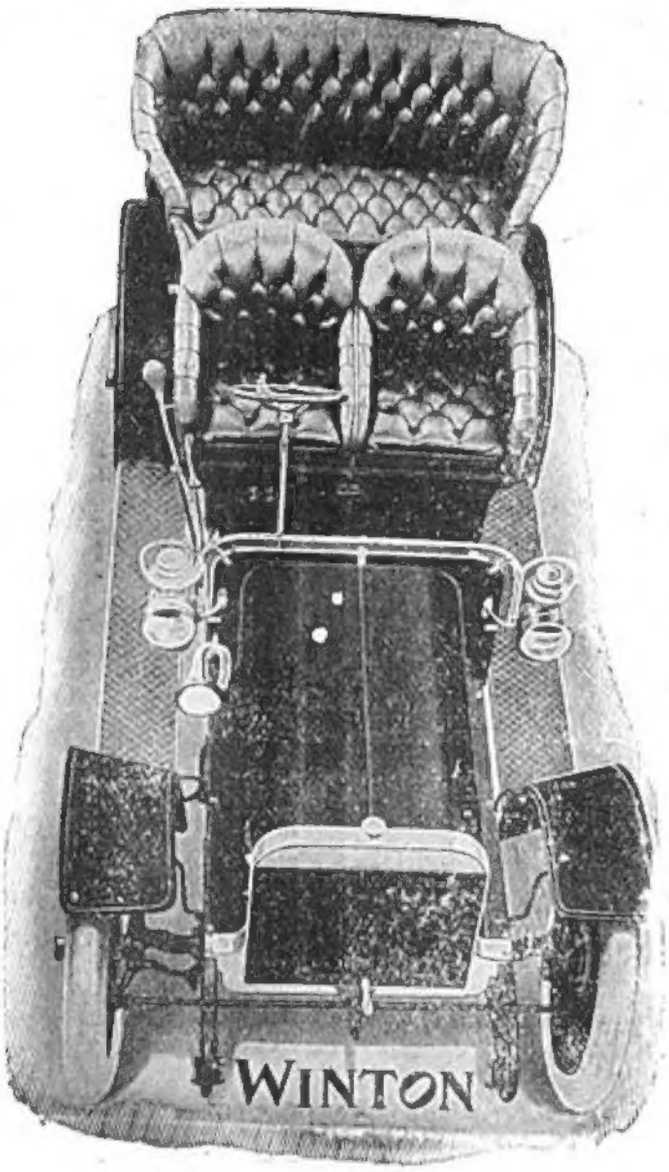

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Contents.

PHYSICAL CULTURE.—THE ABDOMINAL MUSCLES. By EUGEN SANDOW ... 113

THE ART OF WRESTLING—IX. (Illustrated.) By TOM BURROWS. Edited by F. NEVILLE PIGGOTT 115

A PLEA FOR FREE EXERCISES. By H. H. SMITH 118

YOUTH AND DRILL.—Speech by EARL ROBERTS 120

NOTES OF THE WEEK.... 123

HEALTH CONGRESS 125

SPORTING NOTES 132

CAMPING OUT 135

HINTS FROM SANDOW 136

SANDOW'S MAGAZINE PHYSICAL CULTURE COMPETITION 137

OUR LADIES' PAGES 138

EDITOR'S AND PUBLISHER'S NOTES.

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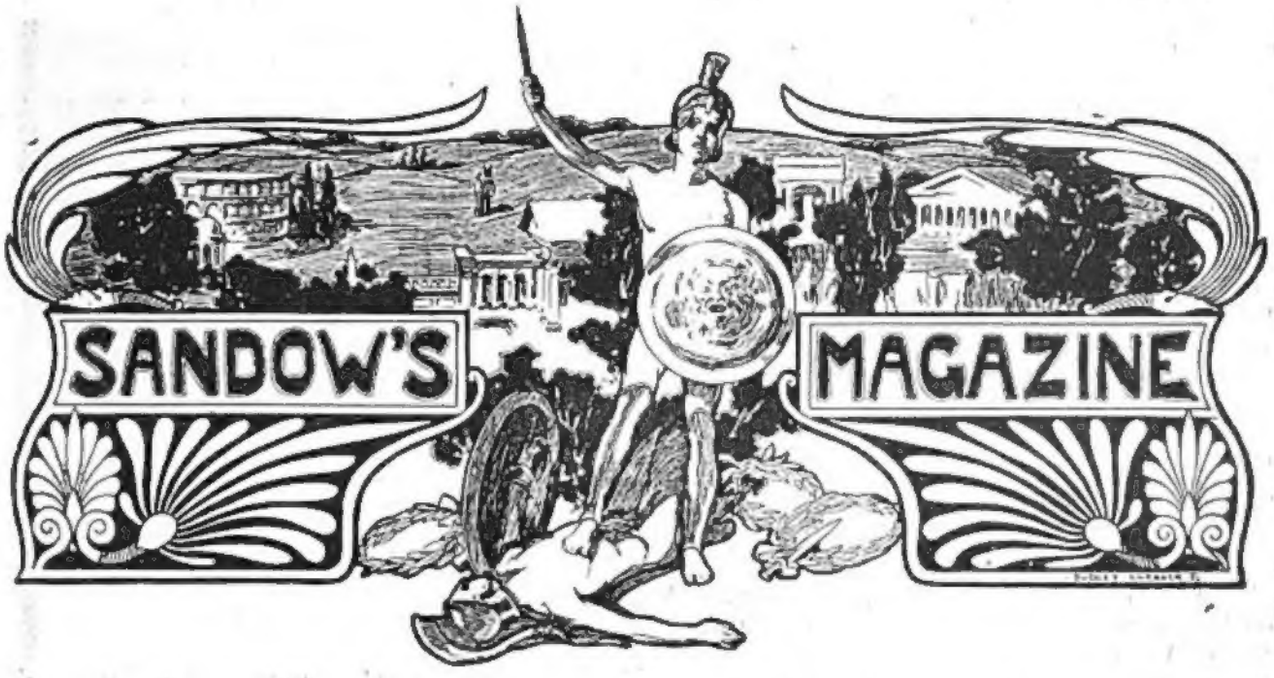

Vol. XV. (New Series). AUGUST 3RD, 1905. No. 109.

Physical Culture.—The Abdominal Muscles.

By EUGEN SANDOW.

LAST week I drew attention briefly to the necessity of strengthening the muscular wall of the abdomen, in order to eliminate and prevent certain ills and disorders which even at the present day are far too prevalent, and against which a proper muscular development would be an absolute safeguard.

The same amount of incredulity does not prevail now as it did ten years ago, when I first introduced to the public the theory that muscular exercise had a direct and immediate influence on the internal organs of the body, quite apart from the general improvement. Now people begin to see that certain movements have a much greater effect upon the abdominal organs than the finest hand massage, which, at the best, is but superficial. Practically, our very existence—certainly our healthy existence—depends almost entirely on the state of the abdominal organs, and yet this is the one region which is the most neglected by the unthinking person. Think for one moment, reader. Does it not seem more than extraordinary that a man will allow a superabundance of fat to accumulate, to clog and interfere with the working of all those delicate pieces of machinery, the correct performance of whose functions is so necessary to produce a healthy life, or that a woman will so cramp and confine these important organs as to crush them out

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of all shape, and make them utterly incapable of carrying out their important duties. And all because they will not devote a brief space to the proper exercising of those organs, or allow them fair play. Yet there are those who still go on shutting their eyes to the fact that by doing so they are doing harm to themselves and those who will come after them.

No stronger argument can be forthcoming as to the value of systematic exercise to raise the physical standard of the nation than the remarks which have recently been made by such eminent authorities as those who have taken part in the Health Congress, and it is to be sincerely hoped that the warnings there expressed will not have fallen upon waste waters.

It is in the alternate pressure and relaxation of the organs the chief value of exercise lies, and it applies equally to all the organs of the body, either chest or abdominal. Its beneficial results are particularly noticeable in the latter—liver, intestines, stomach, etc. It is an acknowledged fact that constipation, which is the forerunner of so many ills, will yield to exercise, where drugs have failed. Then the liver; when it becomes stagnant and its sponge-like action is impaired, is it not natural that in the same way as a sponge is relieved of superfluous fluid, the liver should be treated, and common-sense will tell you that the most efficient way to accomplish this is by properly applied systematic exercise.

One should always remember that it is not what you eat, but what you digest that is the vital question, and that, therefore, eating to satiety should be studiously avoided, quite as much from its fat forming tendency as for the poisonous effects it has upon the system. The surplus food is not digested, but simply passes along the intestines a sour, fermenting mass, from which such ailments as flatulency arise. Some of the poisonous products are absorbed, with the result that headache and general depression are engendered all because the liver and its attendant organs are unequal to the task placed upon them.

Then again, when the abdominal muscles are so relaxed as to cause the abdomen to become pendulous there is the tendency to congestion of the venuous blood. The venuous circulation does not show an actual pressure of blood, but even, in certain cases, a negative pressure. Yet by means of the valves in the veins the blood cannot return, so that when pressure is brought to bear by contraction of the muscles surrounding the veins, the blood is of necessity driven onward. Exercises produces, first, an increased blood supply to the part; second, a local rise of temperature; and, third, an increased tissue gain, for it is by using tissue that we replace it by better and stronger tissue. In exercise the tendency of the cells to form oil globules is altogether removed, and if abdominal movements are followed then the fat which has accumulated is literally burned away.

Thus you will see how necessary it is that the muscular construction, as well as the organic system of the abdomen, should be treated with every due respect and carefully tended.

Eugen Sandow.

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The Art of Wrestling.

By TOM BURROWS.

EDITED BY F. NEVILLE PIGGOTT.

IX.

[This interesting and unique series of articles, which commenced in our issue of June 8th last, will be found to contain much valuable advice for the beginner, as well as some most useful hints for those who have already mastered the art. The complete series is now published in book form at 6d., postage extra, and can be obtained of all booksellers, or at 131 Temple Chambers, E.C.]

FIGURE 34.

The "Strangle" Hold—useful for self-defence.

The two concluding photographs demonstrate again that hold to which I have previously alluded, viz., the "strangle," which, as before mentioned, is not permissable in fair encounter, but one never knows in what tight corner he may come along, and as wrestling is not only an exercise—and a fine one, too—but also an excellent method of self-defence, it is as well to draw attention to this particular hold. Without doubt, the "strangle" is one of the most punishing holds that can be put upon a man, and when once fairly applied, it is one from which there is but little chance of escaping, for, like the neck hold in jiu-jitsu, it soon renders a man insensible. Providing, however, that the stop is applied in time, there is just a possibility of escaping from it, and two methods are shown in the accompanying photographs. It may be as well to first of all explain the full "strangle" hold, which will be more clearly seen in figure 35. The forearm is placed across your opponent's throat, with the other passing round the back of his neck, and hand clasping the elbow. This enables you to bring extraordinary power on to the juggler vein, at once weakening your man and enabling you to force him backwards to the ground, and, as I have mentioned before, once the pressure is applied there is little chance for your opponent.

There are means of preventing a man getting the full "strangle" hold on you, and these I will now explain. In figure 34 the man held is endeavouring to escape. The left leg is acting as the stop, as by being placed well out it prevents him being forced backwards, whilst the right leg well forward is in a position to backheel the attacker, and so force him to the ground with his own hold.

Another stop is shown in the next picture (Fig. 35), and that is achieved by placing one hand on the lower ribs of your opponent and pressing it well in, whilst the other is pressing hard on to the solar plexis, which will probably cause your man to relinquish his hold. I have now completed the explanation of the various photographs, which I trust will be the means of imparting some useful knowledge to those who have made, or intend to make, this excellent exercise a study.

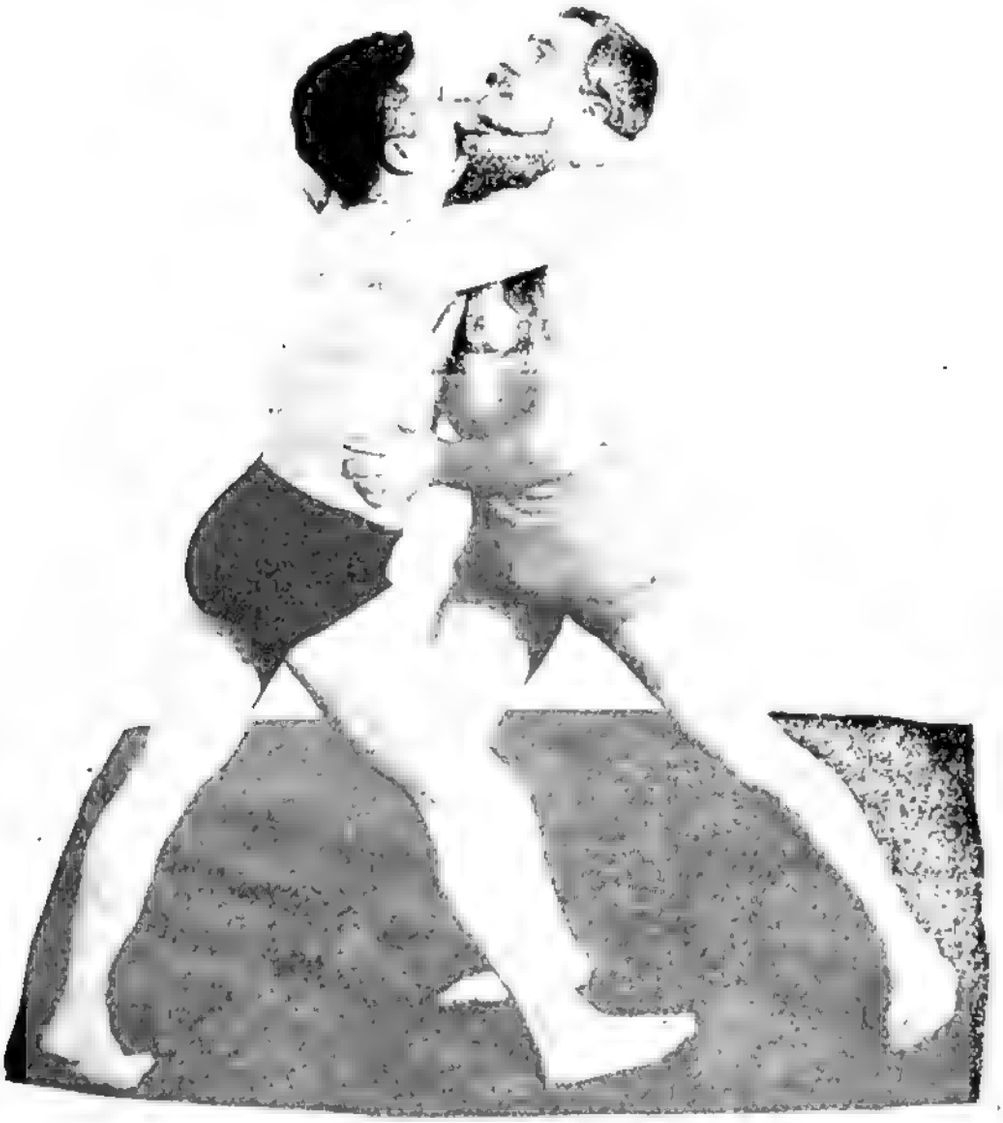
A few words with regard to training in conclusion may not be out of place. In wrestling it is not necessary to bring down one's weight, so that a little waste tissue, providing it is healthy fat, is no hindrance, but still, it is as well to keep down as much as possible. Quickness of movement is most essential, and must be practised most assiduously. For this purpose I have found nothing to equal the Sandow exercises with developer and dumbbell. As an instructor of the Army Gymnastic Staff Corps, I was amongst the first in England to become acquainted with Mr. Sandow's methods, and they have stood me in good stead throughout my long career as a wrestler and club swinger, both of which branches of exercise make such a demand upon the muscular system, and in such totally different directions.

With regard to club swinging, I should like to mention that I am now engaged on a series of illustrated articles, the like of which have never before been attempted. With the assistance of Mr. Robt. W. Paul, the celebrated producer of cinematograph pictures, I have obtained some fine illustrations of the movements in club swinging, showing each evolution of the clubs in its entirety, so that one is enabled to see at a glance the exact position the clubs should be in throughout the whole of the movement. In addition to the ordinary two clubs swinging, the method of manipulating two, three and four clubs in each hand will also be shown and explained. The series will commence in these pages shortly, and the articles will subsequently be put into book form and sold at the popular price of sixpence, providing sufficient subscribers come forward to meet the cost of production. I should be glad to receive as early as possible the names and addresses of any of those of my readers who would wish to obtain a copy of this unique guide to the art of club swinging.

With regard to the foregoing articles on wrestling I may mention that the series is now published in book form, price 6d., with postage stamp extra, and will be obtainable in a few days of all booksellers, or at the offices of this Magazine, 131, Temple Chambers, E.C.

[END.]

FIGURE 35.



Another position in the full strangle hold, showing a method of defence.

A Plea for Free Exercises.

By H. H. SMITH.

IN these days of highly-perfected systems of physical culture, with their attendant aids in the form of scientific apparatus, we are apt to overlook the simple adjuncts to health and strength which exist in the shape of free exercises. Yet the practical seeker after health is wise who recognises in them an invaluable aid to the acquisition of the healthy body and healthy mind.

There are periods, such as when we are away on holidays, or absent from home on occasional visits, when the apparatus which we are in the habit of using is not within our reach. It is on such occasions that the opportunities occur for calling upon free exercises to take the place of the regular work with dumb-bells and developer. Regularity is one of the main characteristics of the physical culturist's life; exercise being felt to be as necessary to him as the meals he eats. Therefore the man who suddenly finds himself without dumb-bells and developer, is put to no inconvenience, if he has acquired the knowledge of how to obtain the most benefit from properly applied free exercises.

The latter, as a convenience in cases of emergency, however, does by no means constitute their sole advantage. There are occasions when everyone feels too tired for hard physical exertion, as after an extra hard day's work or when feeling "off colour." Then free exercises will be found refreshing, the change proving an actual rest, both physically and mentally. Neither can we deny their benefit in the case of women and children, and those of delicate constitution, where, primarily, health is desired rather than great muscular development. The ease with which exercises with the limbs can be performed tends to promote gracefulness and an easy deportment.

Free exercises, nevertheless, should be performed in a systematic manner, and not consist of aimless movements, having no object in view. As in exercising with apparatus, each movement should be carried out with a distinct idea. A very good plan is to make a selection from the Sandow or whatever system the student cultivates, never failing (although having dispensed for the time being with the dumb-bells) to concentrate the mind on each movement. As Mr. Sandow has repeatedly pointed out, concentration of the mind is the greatest factor in the acquisition of health and strength.

In this matter of free exercises, there are some which must always be given a place. First and foremost among these we put, without any hesitation, deep nasal breathing. The inhaling of deep draughts of fresh air produces wonderfully vivifying effects, owing to the direct action on the blood and vital organs. Such an exercise is therefore a fitting preliminary to the work in hand, besides removing that "tired feeling." We also know that by regular deep breathing we are strengthening the system against the attacks of pulmonary diseases. Secondly, free bending movements of the trunk will be found extremely beneficial, especially to sedentary workers, who are in the habit of keeping the body in one position for hours at a stretch, whilst their efficacy in cases of constipation and liver troubles cannot be gainsaid.

Stretching movements have only to be indulged in to be at once appreciated. We may take a lesson in this from the animal kingdom. Watch a cat or dog upon waking, after its body has been coiled up in sleep, as it stretches each limb to the utmost. More especially are such movements beneficial upon rising in the morning, and a few movements should always be indulged in at that time, though usually each one chooses

the time of day for exercising most suitable to his or her own particular temperament, etc. In contrast to stretching exercises there are relaxing or "letting go" movements. The individual must decide which portions of the body require one or the other type of exercise, for their fascination lies in the student's own choice in the matter. All these various methods of exercising the body will be found extremely pleasing, and one is quite surprised at the delightful and refreshing sensations produced.

This article would be incomplete if reference were not made to the more vigorous outdoor free exercises, which exist in the shape of walking, jumping, running, climbing, and swimming. These exercises in the open air prove most strengthening and invigorating. Walking, if it be only to and from business, is one of the grandest exercises within every man's reach, and a day in the open air can be spent in no better way than on foot. The art of natation, which is one of the few pastimes which exercises every muscle of the body, is, unfortunately, not a power possessed by everyone, but let us hope the time may come when it will be considered a disgrace to the average man or woman who is unable to swim.

Surely there is much, then, to recommend in free exercises, which lie within the reach of the humblest. In increased circulation and vitalizing effects they produce the same results on the body as exercises with apparatus, but undoubtedly their great charm lies in their variety and the fresh interest they create, providing a refreshing change for both body and mind. Let us not, therefore, with our superior knowledge of artificial aids to body-building, entirely overlook the humbler methods of those glorious movements of the body known as free exercises.

Following on his excellent series of articles on "Wrestling," TOM BURROWS has written some most instructive and interesting hints on

"CLUB SWINGING,"——

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These will be extensively illustrated by

CINEMATOGRAPH PICTURES

taken specially by Mr. Robt. W. Paul, of 68, High Holborn, W.C., whose famous productions in this line are so well known and popular. These pictures, which number some 250, show clearly all the intricate rolls and slides of which Tom Burrows is such a complete master, in such a way as no diagrams could possibly describe. As undoubted

Champion Club Swinger of the World,

Tom Burrows has every right to speak on the subject, and his words should be of great value to those who favour this fascinating method of exercise.

Youth and Drill.

SPEECH BY EARL ROBERTS.

* * *

THE Earl of Meath presided at the annual meeting of the Lads' Drill Association on July 19, at which Field Marshal Earl Roberts was present, as well as Lord Methuen, Lord William Seymour, Lieut.-General Sir E. Collen, Colonel Sir R. Hennell, Sir H. Vincent, M.P., Colonel Philpotts, Lieut.-General Green Wilkinson, the Earl of Coventry, and a number of others keenly interested in the movement for giving military training to the youth of the nation. That this movement is spreading rapidly there cannot be the slightest doubt. The difficulty of those connected with it is that there are so many willing to be trained and yet too poor to provide uniforms. Because of this lack of regulation clothing they are not recognised by the War Office, and without recognition can get not the slightest support from the authorities. The general feeling, however, appeared to be that sooner or later non-uniform corps would have to be assisted from the public funds, and another effort is shortly to be made to secure this object.

Earl Roberts, speaking on the subject of these non-uniform corps, said:

My appeal to the nation for the encouragement of rifle shooting as a national pursuit has brought me many most interesting letters containing criticisms, favourable and unfavourable, and suggestions of various values. Here are some of them. "The man in the street," says one, "never bestirs himself till it is too late. You cannot arouse him to do things voluntarily, and he will not be compelled." "Rifle shooting is by no means so attractive as one might imagine," says another. "It is too much to hope that the present generation will realise the importance of rifle shooting as a national pursuit," is the dictum of a third. Now, I am not going to argue upon these points. I have my own opinion about them, but I merely cite them to show that, though these critics view the question from various standpoints, yet they are unanimous in one thing, namely, that it is to the Government we must mainly trust to help on the movement, and that it is to the boys we must look for rifle shooting becoming a national pursuit. All my correspondents say that boys will gladly undergo training in drill and rifle shooting, and that such training should be made a part of the regular education course in every school. Efforts in this direction, I am glad to say, have already been made, and, as you all know, most of the great public schools have cadet corps affiliated to the respective local Volunteer battalions. At the review by H.R.H. the Duke of Connaught, in Hyde Park the other day, no fewer than 4,600 of such cadets were present on parade. I am glad, too, to see that a greater interest than ever is being taken in the boys' shooting, for, at Bisley this year, for the great Public Schools Competition (the Ashburton Shield), there were fifty entries—a larger number than there has ever been before. Harrow won this with a good score, closely followed by Rugby. These are most satisfactory symptoms. Yet I know that these cadet corps represent a mere fraction of the boyhood of the nation, which is what we want to get at, and we cannot do it, because, it appears, the question of uniform stands in the way. The cadet corps

of the great public schools are recognised and assisted by the War Office, and receive a free issue of arms and ammunition, because they wear a regulation uniform which is paid for by the well-to-do parents of the boys. Now there are many schools where the boys cannot afford uniform, and yet are as willing to be taught drill and rifle shooting as their more fortunate brethren. Many of these have started non-uniform school corps, and it is for these we want to obtain the same recognition and the same help. It is true that at Uppingham it has been for some years compulsory that every boy should learn how to handle a rifle and pass a standard in shooting. This is true also of Repton, and Harrow has now instituted the same compulsion. But these belong to the class of the well-to-do, and can get along without Government help. It is the great mass of the boys in the secondary schools that need assistance. If the value to the nation of the military training of the boys of the cadet corps of the public schools is recognised by the Government, and help is given towards carrying it out, does it not seem somewhat illogical to let want of a particular dress stand in the way of the secondary schools receiving the same help towards obtaining the same training which they were equally willing to undergo, and which they would equally receive were they able to afford to pay for this dress? To obviate this anomaly the following excellent suggestions were framed by the Lads' Drill Association, and put forward for the consideration of the military authorities:—

1. That sanction be granted by the War Office to non-uniformed corps.

2. That school corps, as distinct from cadet corps, should be formed and affiliated to the Volunteer Corps.

3. That free issue of arms and ammunition should be made under certain conditions.

4. That such schools should be inspected annually.

5. That the officers should be granted honorary commissions and be provided with opportunities for instruction.

6. That the cost of arms, free ammunition (miniature), and instructions of officers should be defrayed from public funds.

Well, how were these propositions received by the Government? The Secretary of State for War, before whom they were laid by your chairman, Lord Meath, while sympathising with these objects, hesitated to accept them, as he did not feel justified in imposing any financial burden on Army funds for the advancement of the military training of lads, being of opinion that the question was an educational one. In consequence of this opinion, your chairman then approached the Secretary to the Board of Education, and his reply was that he doubted the utility of the proposed military training. The question, therefore, now lies suspended between the War Office and the Education Department. Now, it cannot be allowed to float in this way. We must endeavour to show the authorities that it is really a question for the Education Department, and we must do what we can to get the War Office to show its appreciation of the value of military training, which the secondary schools are prepared to undergo, by recognising non-uniformed corps. I have little doubt that if we succeed in this that the Education Department will then move in the matter. To this end we must put forth all our endeavours. There is a great mass of material lying ready to our hands. Both among the masters and the boys themselves, there is every wish—nay, even eagerness—to do their part.

Lord Methuen spoke highly of the work being done in the district he commanded by certain of the schools. Generals of the various commands must be got to exert themselves in favour of the movement, and by themselves inspecting the lads give all the encouragement possible to our embryo defenders. It was easier to instil patriotism into boys than into men, and if patriotism was to continue to exist it must be so instilled. All the big public schools should put their shoulders to the wheel, and the smaller ones would follow suit.

Sir H. Vincent said that in American schools the greatest interest was taken in the boys' training by the Government.

One hundred and sixty officers on full pay were lent for the purpose, and cadetships given at West Point for a certain number of the most promising pupils. What America could do surely we could.

Lieut.-General Sir E. Collen referred to the splendid material to be found in the cadet corps of Australia. In this country we had many societies working on somewhat similar lines to the Lads' Drill Association. All these must be united in one great national movement.

Sir H. Craik, while opposed to conscription, recognised that if a boy was not willing to be drilled he must be made to undergo a certain amount of training, so that he might be fit one day if necessary to defend the country which conferred upon him so many benefits. They should insist upon the Board of Education recognising that military instruction in the schools should be part of the training of the country.

Other speakers expressed similar views.

In conclusion, it was agreed, on the motion of Earl Roberts, that the War Office should be approached to see if school corps wearing a distinctive badge, without uniform, could not be placed on the same footing as cadets.

Unfamiliar Surroundings.

No season is more favourable to the alarmist than summer. It is then that he finds dangers lurking in everything we eat and drink and wear. We cannot even take a dip at the seaside without being reminded that among the denizens of the deep are creatures of considerable size, whose attitude towards mankind is not one of unmixed benevolence. All this is quite true. Exotic sharks of formidable dimensions have ere now entangled themselves in trawl-nets in British waters, and compensated in some degree for the damage they have done by serving as raree shows at the port to which their captors belonged. The ocean round our shores is, too, normally inhabited by many large fish of a voracious habit. But one and all, natives and visitors, generally keep as far as possible from the shelving sand on which bathers love to disport themselves, and if they by chance find themselves in human company they are exceedingly ill at ease.

What good cause they have to be so is shown by a story told by a correspondent of *The Yorkshire Post*. While bathing in the Solway at St. Bees the other morning a Miss M. A. M. Honeyburn suddenly saw a large fish alongside of her, and for the moment was somewhat taken aback, but on observing that the creature was in difficulties when it got into shallow water, she pluckily seized it by the tail and dragged it ashore. It is described as having had a formidable mouth with triple rows of teeth, and as having measured nearly four feet in length. It was probably a shark of some kind, but the incident proves how little there is really to fear from even a fish of this type and size when it gets into unfamiliar surroundings.

Notes of the Week.

An Electrical Exhibition.

Thirteen years have elapsed since an Electrical Exhibition on a large and comprehensive scale was held in this country. During that period vast strides have been made in the application of electricity to all requirements, and what was formerly regarded as a luxury has now become a necessity of daily life. Especially is this the case as regards electric motors, which are at present equally effective for working a sewing machine as for running a train. Indeed, it is not too much to say that as a means of motive power electricity has already proved itself the most adaptable and convenient. As a source of lighting its advantages have long since been admitted. To minister to this demand for electrical appliances a vast industry has grown up, in which, exclusive of private undertakings, upwards of two hundred millions sterling are invested in the United Kingdom alone; but the public, though eager enough to take advantage of these developments of electricity, have only a faint idea of the importance which has been attained by this great industry among the staple trades of the country, and it is to bring this fact home to them, to direct attention to the latest electrical inventions and appliances, and generally to benefit the industry itself that the National Electrical Manufacturers' Association have decided to hold an important and representative Exhibition during next autumn.

The Exhibition will be held at Olympia, which is the largest Exhibition building in London, is in direct communication with all the most important railways and is easily accessible by road from all parts of London.

The President is Sir William H. Preece, K.C.B., F.R.S., and amongst the Vice-Presidents are the Rt. Hon. Lord Alverstone, G.C.M.G., Lord Chief Justice of England; Prof. J. A. Fleming, M.A., D.Sc., F.R.S., M.I.E.E., Professor of Electrical Engineering in University College, London; Prof. G. Carey Foster, LL.D., D.Sc., F.R.S.; Sir Henry C. Mance, LL.D., C.I.E., M.I.C.E., M.I.E.E.; G. Marconi, M.I.E.E.; Sir J. Denison Pender, K.C.M.G.; Prof. John Perry, M.E., D.Sc., LL.D., F.R.S., M.I.E.E., A.M.I.C.E.; Sir David Salomons, Bart., M.A., M.I.E.E.; Alex. Siemens, President I.E.E.; Sir Joseph W. Swan, M.A., D.Sc., F.R.S., Hon. M.I.E.E., and Chas. F. Yerkes.

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Aldershot Military Fete.

Amongst the items on the programme of the Aldershot Military Fête, which was held in the grounds of Government House, Aldershot, on Tuesday and Wednesday, July 18 and 19, under the presidency of General Sir John French, before a large and enthusiastic audience, Ju-Jitsu, or Japanese wrestling, was one of the principal features.

The display was given by Professor Uyenishi, of the Anglo-Japanese Institute, of Vernon Place, Bloomsbury Square, with the assistance of the English instructor and a pupil of the Institute, and comprised firstly an exhibition of the method of breaking a bad fall, when thrown by an opponent to the ground. This was demonstrated to great effect, and proved its usefulness and utility. Secondly, a series of self-defence methods were given, technically known as First Kata, showing how to defend

one's self against sudden attacks by ruffians, hooligans, etc. Following this, an exposition of Second Kata movements were shewn, demonstrating how easily an opponent could be thrown. One or two interesting wrestling bouts were then given, and the display was concluded by an exposition, Boxing *v.* Ju-Jitsu, in which it was proved how a champion boxer could be easily defeated by a person with a knowledge of Ju-Jitsu.

Other items in the programme consisted of tent-pegging, bare-back riding, driving, jumping, galloping competitions, a gymnastic display, and push-ball, concluding with a grand military torchlight tattoo.

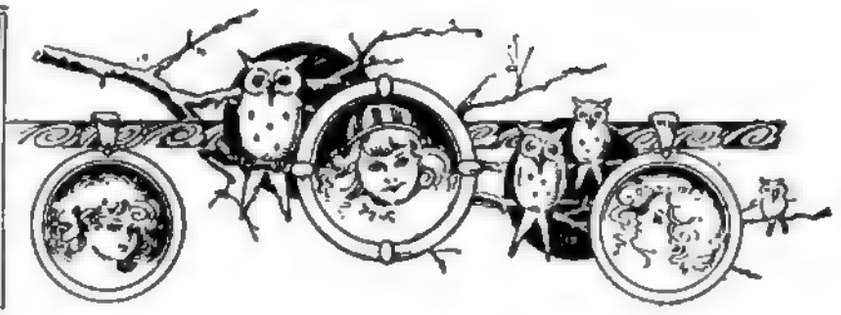
* * *

At the opening meeting of the London Congress of the Royal Institute of Public Health, the Marquis of Londonderry, after returning thanks for his election as president of the Institute and for the Honorary Fellowship conferred upon him, said the objects of the society would secure for it universal sympathy. In regard to public health all were agreed that citizens must be physically efficient, all other kinds of efficiency depending on that, which was the higher aim of the Royal Institute. Though he believed we had made great progress in matters pertaining to health, we were very far indeed from being as we should be, but he was opposed to attempts to remedy this by legislation. He thought compulsion was not the right way to attack the problem, which, in his opinion, was to be solved by a more common-sense system of education.

Earl's Court Exhibition.

Those who have not yet visited the Naval, Shipping, and Fisheries Exhibition at Earl's Court should lose no time in doing so, and those who have already registered at least one visit are well advised to go again, for now there is an important added attraction in the shape of a relic exhibition which has just reached completion. The collection of the exhibits, many of them of precious worth and especially dear as national treasures, has been a somewhat arduous labour; not that there was any special reluctance to have them given over to the public gaze by their proud owners, but where completeness was the test kept in view a representative collection of relics was by no means an easy matter to take in hand. However, the management of the exhibition have succeeded admirably. That it is of deep interest goes without further emphasis when the glowing records of the Navy are borne in mind. One may notice pictures depicting great battles and acts of heroism; portraits of great commanders and other famous naval personages; orders, jewels, quaint-looking snuff boxes, armour, swords, guns, flags, trophies, relics of battle, etc. Visitors will be able to note the cap Nelson wore as a baby, the dirk he carried as a midshipman, the tourniquet that checked the bleeding when his arm was sacrificed, his writing-table from the *Victory*, and a host of other relics which remind one proudly of naval battles and victories of long ago. There is no space available to treat of the numbers and extraordinary variety of the relics, but everyone should not miss this opportunity of making acquaintance with articles which are chiefly private property and most jealously and assiduously guarded at ordinary times.

Health . . Congress.



Amongst other subjects of importance discussed at the recent Public Health Congress were the following : —

SCHOOL RECORDS.

Dr. Francis Galton, F.R.S., read a paper on "School Records," which contained a novel suggestion for a new day of popular observance, February 29, to be a festival for the renewal of early friendships. In the main his address was a plea for the accumulation of material for life-histories. At present there were not sufficient data collected to afford an answer to such questions as, How far does success or failure in youth foretell success or failure in after years? What is the prophetic value of anthropometry at school in respect to health, strength, and energy in after life? What are a boy's strong and weak points? In the great public schools, where a beginning might be made, he believed that the difficulties of obtaining continuous records of after-school years might be overcome if his suggestions were adopted. A master could be selected to perform the functions of registrar, and remunerated for his labours by fees. A small charge would be made to the scholar on leaving for the privilege of keeping his name on the school books. Each old boy would be represented by an envelope stored in the school library. This would contain his anthropometric record to date, and he would be given printed forms, containing a few well-considered questions—health, profession, preferments, marriage, children, and general remarks—and would be asked to forward the filled-in forms to the school. The trouble was that in after-life the claims of the old school were so apt to be overlooked, and for this reason he suggested February 29 as the date for sending in returns. It came only at intervals of four years, a sufficient period for the purpose, and being an odd, extra day in the calendar, its occurrence would at once bring the duty to mind. "I urge in all seriousness," said Dr. Galton, "that it would be an excellent novelty to observe February 29 as a day of reminiscence—a rarer kind of Saint's day—wider and differing in its objects to those of the traditional Yule-time, which refer chiefly to family gatherings. It might be a day for each person to recall with affection and gratitude the friends and benefactors who had influenced his life for good, a recognised opportunity for reviving the friendships of early years by visits and letters. The celebration of the day in schools would be much concerned with the works of living men who were formerly pupils, but then engaged in the battle of life. Their doings would be spoken of, and hearty sympathies evoked." By this means the former pupil would acquire a more vivid appreciation of his continued relationship to his old school. Anthropologists would know where to lay hands on a mass of material suitable for comparing the health, bodily qualities, and scholastic achievements in early life with the health, vigour, and achievements afterwards. Statisticians would possess a four-yearly census, out of which unexpected conclusions would probably be derived. Lastly, some few of the records would be invaluable to future biographers.

PREVENTABLE DISEASES.

Dr. J. Porter Parkinson (North-Eastern Hospital for Children), in dealing with some preventable diseases of school life, remarked that in London children were

sent to school at a very early age. It would be better to put off attendance at school until the age of seven years, as was the case in Switzerland, which was perhaps the best educated country in the world. He pointed out the value of recognising certain diseases in their early stages, and the impossibility of this being done by any but competent medical officers, who should periodically inspect the children, paying special attention to the delicate ones, or to those who had recently suffered from an infectious fever. The London County Council had taken active steps in this direction, having appointed local assistant medical officers to make school inspections and report generally upon school hygiene.

PACKETS OF MILK.

Shall we ever reach the day when there will be no more coming "home with the milk in the morning," and when the great milk-can concerts at London termini shall give place to the comparative peace of mere parcels traffic? In other words, shall we buy our milk over the counter in the shape of tins containing a delicious cream-colour powder, and care not a snap of the fingers whether the yelping, can-rattling milkman goes his matutinal round or not? It looks like it, to judge from a paper on "Dried Milk" which Dr. David Sommerville, lecturer in public health at King's College, read before the bacteriological section of the congress.

Previously, with no very conclusive results, the section had discussed the possibility of establishing a bacteriological standard for milk. Dr. Sommerville, dealing with samples of milk powders obtained from New Zealand, now pointed out that the product is already bacteriologically sterile. To begin with, the milk is standardised before drying. It remains a constant composition, and, it is suggested, is more digestible than the fresh article, approaching more nearly to human milk. Dr. Sommerville maintains that milk-powder, properly constituted, will afford a convenient article for distribution by municipal authorities to the infants of the poor, especially as it can be graduated to different strengths to suit various ages. It might well, he thinks, take the place in the average households of artificial foods of questionable value. The lecturer, who was careful to explain that there are milk powders and milk powders, said he had seen a few infants brought up entirely on the product he had described. The children appeared to be perfectly healthy and well developed, and in no case had he seen scurvy or rickets.

The presidential address in this section was given by Professor R. T. Hewlett, of King's College. It was a plea for the recognition of the place of the specialist in the various departments of public health. Proper administration required a medical officer and his sanitary staff, a bacteriologist, a chemist and an engineer, all working cordially together to a common end. For the smaller districts such a staff could be secured by groping. Could the" expect effective action in regard to the housing of the poor and the sanitary conditions of cowsheds and dairies if the medical officer was a local practitioner who derived his livelihood by the goodwill of the local landlord?

On July 20 the members of the congress dined at the Hotel Cecil, under the presidency of the Marquis of Londonderry. Among the company were the Bishop of Hereford, the Earl of Rosse, Lord Stanley of Alderley, Sir James Crichton-Browne, M.D., Sir Charles Cameron, M.D., Professor W. R. Smith (president of the institute), the Rev. R. J. Campbell the Mayor of Huddersfield, Sir M McEacharn, Sir J. Elliott, Colonel Sloggett, Sir W. Sinclair, Dr. Cantlie, and Dr. Harris (secretary).

Sir J. Crichton-Browne, proposing "The Institute," said they wanted the assistance of the clergy, a large number of whom might better employ their time in helping in sanitary matters than in engaging in the composition of silly sermons. They wanted, too, to get the assistance of our gilded youths, who, perhaps, devoted too much time to bridge and golf. These latter might be excellent things in themselves, but the institute could afford any amount of employment to the gilded youths of the time if they would come and help them in sanitary matters. He would only recall to their minds the words of a late representative

of the United States at the Court of St. James's:

"To succour a little child, and bring it to its own,
Is a durned deal better business than loafing round the Throne."

Professor W. R. Smith, in response, claimed that, if the institute had done nothing else, it was entitled to thanks for having placed at the head of every public health administration in the kingdom a properly-trained and properly-qualified man. He was glad to think that they had now an admirable home for the institute in Russell Square, where they had one of the finest laboratories in London for the teaching of public health. One of the pleasantest features of the congress was the presence of ladies, for the great work of public health lay in the homes of the poor.

The Mayor of Huddersfield, giving "The Visitors," alluded to the efforts which he had made on behalf of the infantile population as the most enjoyable hobby he had ever engaged in.

The toast was responded to by the Earl of Rosse and Sir M. McEacharn, late Lord Mayor of Melbourne.

The Marquis of Londonderry, replying to the toast of his health, proposed by Professor W. R. Smith, said they had heard the wish expressed that the gilded youth of the country would take a greater interest in the requirements of the day. He had no doubt that in years gone by—for he had now three grandchildren—he was a gilded youth, but he was bound to say he looked with admiration on the gilded youth of the present day. They found many of them representing their localities in Parliament, and many of them applying their talents on county councils. When England was called upon to send her sons to South Africa, her gilded youth bore its part manfully. Education, he believed, imparted to all classes of the country a real sense of their responsibilities.

INFANT MORTALITY.

This was a paper by Dr. S. G. Moore, Medical Officer of Health for Huddersfield. Mr. Moore took for his text the simple fact that in the worst parts of our great cities only three out of every four children born live for twelve months. This he compared with the rate of infant mortality in houses having more than five apartments in Croydon, where without any special effort being made, as many as 945 per 1,000 infants born survive for twelve months. This was an effective illustration of the appalling wastage of infantile life, particularly in our great industrial centres, and Dr. Moore pointed his moral by advocating the formation of children's dispensaries such as France, so enlightened a country in these matters, already possesses; the earlier registration of births, milk depôts, and authorised day nurseries. Going a step further, Dr. Moore urged that new statutory powers should be obtained to prohibit in particular the publication of advertisements of certain farinaceous foods for infants which put forward claims that were untrue. One patent preparation, for example, which recommended itself as a food for infants, was nothing but baked flour.

The discussion that followed ranged over the whole ground covered by the various papers on the milk supply question. A county councillor from Lancashire argued against the establishment of town dairies, on account of the unhealthy conditions under which the cows would be kept, and supported his contention with his own practical experience as a cattle breeder. He had, he said, reared a number of young cattle entirely out of doors, with nothing in the way of housing except rough shelter, and he never lost a single animal from disease. Much interest was evinced in a description by Mr. Broadbent, the Mayor of Huddersfield, of his experiences in the personal supervision of seventy-four babies in a Yorkshire industrial township. His work taught him at least three valuable lessons—that mothers cared for their children, as to which fact an ounce of mother, he declared, was worth a ton of nurse, that they were remarkably teachable, and that it was a comparatively easy thing to keep children alive. The district in question contained 8,000 inhabitants,

and the fact that its infant death-rate was only eighty-six was partly explicable by the force of local public opinion. It was regarded as a disgrace there for a woman to lose a child, and therein lay a moral for other districts.

So vast is this subject of our milk supply and the feeding and mortality of infants, and so many are its avenues of approach, that after an interval devoted to tuberculosis the section found itself returning to the all-important topic with a paper by Dr. Ralph Vincent, who joins the Congress as a delegate of the Infants' Health Society. Dr. Vincent insisted that the inability of some mothers to nurse was a real inability, and startled a few of his hearers by declaring that "some of the worst cases of primary malnutrition brought to the Infants' Hospital (of which he is physician) are those in which the infants had been fed entirely by their mothers." Hence the need of a "substitute" food, and it was for the purpose of obtaining a true substitute food that Dr. Vincent co-operated with the Walker-Gordon Laboratories for the supply of milk. The essential principle of the milk laboratory is that it does not put forward any mixture as a "food for infants"; it simply prepares mixtures in accordance with prescription.

Those taking part in the subsequent discussion included Dr. Hope, medical officer of health for Liverpool, the Mayor of Huddersfield (who urged that the natural nursing of infants should be their first line of defence); Councillor Short, of Bootle, who vigorously defended his scheme for the municipalisation of the milk supply; Mrs. Stockwell, who said in her district anyone proposing municipalisation would be looked on as a lunatic; and Dr. Sandwith, who suggested as an emendation of a phrase already quoted "an ounce of the ideal mother is worth a ton of the average nurse."

CONDITIONS OF SCHOOL LIFE.

Sir George Kekewich, the former Secretary of the Board of Education, having viewed the question from both sides—that of the central authority and the local bodies—expressed his conviction that well-aired and efficiently-ventilated schools would never be obtained until there was a thorough inspection made by a medical expert of every school in the kingdom. Local authorities were always deterred from carrying out desirable improvements in the buildings by the question of cost. The Government, on their side, also grudged the £1,000 a year salary which it would be necessary to pay a highly-qualified medical inspector. Hygiene was about to be taught in the schools, with the idea that the children, when they grew up, might carry out the principles they learnt in their own homes. He had himself visited some 5,000 homes of working people, some of them good, most bad. It was often impossible in these places to carry out the laws of hygiene which the child would learn, and his inspections convinced him that a proper system of housing the working classes was part and parcel of the question of school hygiene. A number of badly constructed schools still existed in the country, which could do no good, but, on the other hand, did infinite harm, both to teachers and scholars. A thorough sanitary inquiry ought to be held, and those schools that were bad condemned forthwith. Whatever the cost, the health of the children was a national consideration.

School swimming was debated in the afternoon, a paper being read by Mr. James Kay. Incidentally, he mentioned a simple means of making a float for giving a learner buoyancy by use of the inner tube of a bicycle tyre filled with air, twisted below the arms and round the neck; but personally he was averse to all such artificial aid. Training in "land drills with breathings" was most useful. Confidence was a first essential, and the playful but very dangerous habit of ducking and pushing into the water so prevalent among children should be sternly repressed. Half a dozen lads and a little girl dressed in white from the Maryland Point council school, West Ham, gave a display of land exercises to an appreciative audience.

DO WE EAT TOO MUCH?

Dr. John Haddon discoursed in pleasant style on "Diet in the Treatment and Prevention of Disease," favouring vegetarianism. To the old Greeks, he said, we must look for the dawn of the scientific study of diet. Pythagoras, who died 479 B.C., arrived at the conclusion that a man ought to be ashamed of being ill except from accident or climatic influences. His food was said to have consisted of bread and apples, and he might be regarded as the father of vegetarianism. Hippocrates, the father of medicine, looked upon medicine as a corallary of dietetics, believing that its proper aim was to find a suitable diet for the sick. It was interesting to know that the early Christians of Rome were said to have been vegetarians. It had been said that we dug our graves with our teeth, and the great majority of people went on doing so. Unsuitable food was a potent factor of disease. That threescore years and ten was a fair span of life for humanity rested solely on David's dictum. Solis, a German, whose case was reported upon by a medical committee in 1875, and published in the *Lancet*, reached the age of 180 years. He ate only one meal a day, took all his food cold, ate butcher's meat only twice a week, and fasted twice each month, taking nothing on these occasions but water. He declared that he could eat as much in half an hour as he could digest in twenty-four hours, and no doubt he was right. Dr. Haddon mentioned that he had been in correspondence with an old gentleman who followed the example of Solis, and ate only one meal per diem, his usual dinner at night; he said that he was better in every respect, and enjoyed life more than when eating in the usual way. The author of the paper had himself lived on one meal a day, eating no animal product except butter, and until he did so he had never realised how good plain food could be. His sense of taste so improved that he had no longer need of sauces or rich food to tempt the appetite. It would be well if we could return to the old Greek and Roman custom of eating only one meal a day. It would solve the perplexing problem of attracting girls to domestic service, as well as many others of even greater importance. Some might be inclined to doubt if we could live on one meal a day. Prof. Chittenden's work had proved that even athletes, after a six months' trial, were better in every way and more vigorous when they ate from one-third to one-half of the proteid food they were accustomed to. Buddha enjoined his monks not to eat after midday, which practically meant one daily meal, and they were vegetarians. He had conversed with an Irishman who became a Buddhist monk, and who told him that he felt very much better in health, never knew what it was to have a headache, or rise with a taste in his mouth. Trappists, who were vegetarians, eat only once a day, and were an exceptionally healthy community. If one daily meal was thought impracticable at present with ordinary people, they might at least lessen the number of meals with advantage. The "no-breakfast" plan had many disciples; one old gentleman who practised it told him that his food tasted much better, and his health was quite as good, if not improved, as when he took his usual breakfasts. No doubt the pleasure of eating was a reason why so many meals were taken; but the better enjoyment of meals sparsely taken afforded some compensation when the appetite was less indulged. On the score of health and vigour animal food might be altogether dispensed with. One man he knew had rescued himself from death by living on six ounces of food daily, and he continued to be most active and industrious, working hard many hours a day, on 16 oz. of vegetarian food daily. Most medical men acknowledged nowadays that we ate too much, but the physiological food minimum had yet to be ascertained. Fat, Dr. Haddon regarded as a disease, marking the beginning of the failure of some organs. Sir William Banks, after exhaustive enquiry, came to the conclusion that the increase of cancer was due to changed dietetic habits of life. Personally, he looked for the day when food would become the physic of the people.

The future cook would be much like the present chemist, knowing the chemical constitution and physiological action of each food, and serving it up so as to keep us in health and vigour, and not merely to tickle the appetite.

PHYSICAL TRAINING IN SCHOOLS.

Colonel Malcolm Fox addressed the section concerned with the Municipal Administration of the Education Acts on the question of physical training of children. Games, alone, he observed, could not supply the place of methodical exercise. The excessive mental application due to the high pressure of the present day, brought about by the struggle for every form of livelihood, could only be counteracted by physical training. No child was too delicate to take systematic exercise under a competent instructor unless it was suffering from some organic disease. It was with a view to having a uniform system of training, and also of ensuring that the exercises taught would not be harmful to the most delicate of children, that the Board of Education appointed a special committee, of which he was a member, to prepare a text-book which should fulfil all desired requirements. The book issued last year met with a very favourable reception, and had already been adopted very generally throughout the country. They had kept in mind two great objects—physical effect, which aimed at improving health and physique, and educational effect, which consisted principally of exercises for the benefit of the nervous system. All elementary schools, he mentioned, were required to devote not less than an hour a week to formal lessons in physical training.

The paper was illustrated by a class from the West Green School of the County Council, the pupils of which executed a number of physical exercises.

MEDICAL INSPECTION OF SCHOOL CHILDREN.

Warm advocacy of the medical inspection of school children was advanced by Professor Kenwood, who said that permanent harm was being inflicted on thousands of scholars by endeavouring to educate those who were unfit. Eyes and ears were the two great channels of education, and if these were defective there was a tremendous loss of the education imparted. Mental deficiency, nervous conditions, over-pressure, commencing deformities, were also matters which it was desirable that medical inspection should detect. An almost incredible amount of illness was discovered among the children when a doctor examined a whole school. In New York, during a recent year, 41,000 children were excluded from school attendance as a result of medical inspection. Two years ago, in New York, 15 per cent. of the children examined were children, from one cause or another, unfit to benefit from education. Out of a thousand children picked from various schools in Dundee, 30 per cent. were found to need help. Dr. Kenwood explained the system of inspection prevailing in America, which aimed not at cure in the school, but detection. Any school teacher could tell when a child seemed unwell. Such children were turned over to the medical inspector. In many cases the child was sent home, and the parents were communicated with, and told what to do. Often rest and simple treatment sufficed; if the trouble was more serious the parent was advised to consult the family doctor. Dr. Kenwood considered that at least every child should be medically examined on commencing school life, and favoured examinations of all school children twice a year. Medical inspection in schools was not a new thing. It was done thirty years ago in Brussels, and 120 years ago in Poland. Nearly every European country except Great Britain had adopted this necessary measure, and of course every school in Japan, and they realised its great benefit. Cost was suggested as the one real objection, but surely what was borne by Austria, Germany, Japan and Belgium could be borne by Great Britain.

In the course of subsequent discussion, which was entirely in favour of the proposal, one speaker said that a German friend to whom he pointed out the enormous use of spectacles in Germany retorted, "Yes, and when you use our

methods you will be the same. We find out defects and rectify them, you let them go on in your haphazard way." Dr. Helen Wilson considered that a thorough examination of every child each two or three years was essential. Another doctor observed that he had arrived at the conclusion that since the introduction of electric light the eyesight of children and adults was suffering. He had noticed it with his own eyes, and thought it would be a desirable matter to investigate whether certain rays given out by the electric light might not act detrimentally on the optic nerve.

DANGERS OF EYE STRAIN.

An interesting paper on the preservation of the sight of children was read by Dr. E. Clarke (surgeon to the Central London Ophthalmic Hospital), who dealt specially with myopia—or short sight. He spoke of the importance of preventing a young child from unduly looking at near objects too much. Such near work that had to be done should be as far from the eyes as possible, and be done for as short a time as possible. He would absolutely prevent any child under the age of seven years learning to write on paper. In teaching children there was not enough demonstration; there was scarcely a subject that a child had to learn that could not be taught by the teacher of the blackboard, or by means of large maps, plans, or sketches, thus saving the child's convergence enormously. Part of the treatment of lessening convergence consisted in allowing the child to lead an open-air life as much as possible. Let parents remember that myopia was a defect due to civilisation, and that the savage rarely, if ever, suffered from it.

"There is little use in trying to make marksmen if we ruin the eyes of the nation in childhood," said Sir James Crichton-Browne. "In two generations half the people will be blind and the other half wearing spectacles, unless something is done to check the injury to the eyes of the children," he declared.

The discussion was opened by Professor H. R. Kenwood, M.D., who declared that on the important question of the care of their eyes the children were in complete ignorance.

They worked under bad light that injured even good eyes, he declared, and were kept at work with eyes that badly needed expert attention. Hundreds of them were even made partially blind from want of more common sense and a little elementary knowledge of the matter.

CARE OF THE TEETH.

Mr. C. Edward Wallis (dental surgeon, Victoria Hospital for Children) showed how urgent it was that some practical steps should be taken to minimise the dental decay so widespread. It was essential that children should wash their mouth out night and morning. He had had an opportunity of talking on this matter with the teachers of the London County Council schools, and they said it could easily be arranged that the children could be taught to keep their teeth clean in the same way that they were told to keep their faces clean.

Mr. S. F. Rose (dental surgeon, North-Eastern Hospital for Children), speaking of the necessity of dental supervision, remarked that 85 to 90 per cent. of children of school age suffered from decayed teeth and attendant ills. The evils that might arise from bad teeth made a truly appalling list. Three great remedial measures to check this were diet, hygiene of the mouth, and dental supervision.

Wrongs of Childhood.—The National Society for the Prevention of Cruelty to Children has inquired into 11,129 complaints of neglect, ill-treatment, and other wrongs of childhood during the three months ended June 30. Thirty thousand seven hundred and eighty-four children were affected, and there were 14,112 offenders.

—— Sporting Notes. ——

* * *

Swimming.

E. Heaton, of Liverpool, failed in his attempt to swim the Channel from Dover to Calais.

Heaton started from the Admiralty Pier at 7.43 in the morning. He swam off strongly on the falling tide, attended by a party on the tug *Champion*, and several smaller boats. All went well until about ten o'clock, when a heavy fog settled down over the Channel.

The conditions then became very depressing for the swimmer. The siren of the attendant tug was kept going constantly, and from all directions were head blasts from the sirens of other vessels in the busy Straits of Dover.

The end of the swim came a little after two o'clock. Suddenly those on the tug saw the bulk of one of the Calais steam packets looming above them.

* * *

"For God's sake, shout!" cried the pilot, and everyone on board shouted with his utmost lung power. The helmsman of the steamer heard in time, and the big paddle boat swung off, missing Heaton by barely two feet.

The wash from the steamer, however, caused him to swallow a large quantity of sea water, and he became violently ill, and had to abandon the attempt. He declares that he will try again under more favourable weather conditions.

* * *

Miss Annette Kellerman, the Australian swimmer, also made an attempt to cross the Channel recently, but returned after covering about six miles.

Western Counties quarter-mile swimming championship was won by S. W. Crisp, of the Bath Dolphin Club, S. Pugsley, Bath, being second, and W. J. Walters, Swindon, third. The race was decided at Chippenham.

* * *

The record for the Dover to Ramsgate Channel swim was considerably lowered recently by J. Wolffe, of the Amateur Swimming Club, London, who completed the distance in the remarkably fine time of 4 hrs. 30 mins. Wolffe, who intends to attempt the cross-Channel swim, is a very powerful swimmer with a good turn of speed. He experienced very broken seas rounding the South Foreland.

Wrestling.

Some exciting contests were witnessed in Glasgow last week. On the Thursday the Russian engaged a Berlin wrestler named Sturm, against whom A. Munro had lasted 10 mins., for £50 a-side to a finish. The Russian won, though not without difficulty, in 22 mins. As regards a possible meeting between Munro and Hackenschmidt, the Scottish champion states he is under contract to appear at the Palace Hall, and offers the latter a match to take place within any of the football grounds in Glasgow. Munro will also wager that the Russian cannot obtain a fall in 30 mins.

* * *

As the outcome of a specially arranged contest, in which George Strenge, of

Berlin, undertook to throw Alex. Munro, the Scottish champion, in twenty minutes, and failing which to forfeit £25, there was one more scene added to the many which have already taken place in Glasgow. After three minutes' very ordinary wrestling, the pace grew quicker, and Munro hustled his man about the stage in no gentle fashion. The German, when in a difficult position, called for a cessation, and limped slowly off. Succeeding a tremendous uproar, it was subsequently announced that Strenge had been examined by a medical man and was not in a fit condition to continue the contest. The announcement was received with jeers, and it was a dissatisfied public that finally quitted the building, a large force of police being in attendance to prevent any tangible tokens of their disapproval. It may be mentioned that, despite the German's inability to proceed, the referee did not publicly award the match to Munro.

Rowing.

The annual regatta of the Brigade of Guards was held in Bray Reach, Maidenhead, on July 25.

The gathering was an unusually large one, and the lawns of the Hon. Harry Lawson, which were lent as an enclosure, were crowded. Most of the Guards and their friends arrived by special trains from London about noon. Music was provided by the band of the Irish Guards.

Major-General Lord Cheylesmore acted as chairman of the regatta committee, and Captain J. G. Mattheson as honorary secretary. The judges and umpires were Colonel Fitzroy Clayton, Colonel Seymour Corteran, Brigadier-General the Hon. Arthur Henniker, C.B., and Colonel Horace Ricardo, C.V.O.

The single sculling event was won by Captain W. Darrell, and the battalion fours by a crew captained by the Master of Ruthven. Captain Viscount Dalrymple won the single punting event.

The deciding race for the Wingfield Sculls was rowed on July 24 over the Thames Championship Course from Putney to the "Ship" at Mortlake, a distance of four and a quarter miles. The competitors were St. George Ashe, of the Thames R.C., and H. T. Blackstaffe, of the Vesta R.C., who qualified for the race by winning the preliminary heat from four opponents on the previous Friday. The race was singularly tame, for Blackstaffe took the lead after the first half minute's rowing, and from that point to the finish went clear away from his opponent, eventually winning by about a quarter of a mile. Owing to the great amount of barge traffic on the river both men had to steer a rather eccentric course, but their watermanship was always good, and there was no accident. Blackstaffe's time to Hammersmith was 9 mins. 58 secs., and Ashe's 10 mins. 20 secs., and the winner passed the post in 25 mins. 17 secs., the slowest time for several years past. Ashe's time was 26 mins. 32 secs. The winner has now won the event three times.

Athletics and Cycling.

There was a large gathering of representatives of the Navy, Army, and Auxiliary Forces at the Crystal Palace on July 22, on the occasion of the annual cycling contests for individual and collective championships. As was the case last year, the Volunteers' One Mile Cycle Championship was declared void owing to the time limit of 3 mins. being exceeded. Pte. A. J. Tickner, 3rd V.B. East Surrey Regiment, who beat Pte. G. J. Calder, London Scottish Rifle Volunteers, by a length and a half in the final, occupying 3 mins. 2 4-5 secs. The Navy and Army Championship over the same distance was won by Pte. Howse, 2nd (the King's) Liverpool Regiment, in 2 mins. 33 1-5 secs. In this race, Pte. Bennett, of the same regiment, fell, and had to be taken to the Norwood Cottage Hospital, suffering from a bad concussion. The five miles team race

for the 100-guinea Challenge Cup was won by the team from the 4th V.B. East Surrey Regt. in 14 mins. 2 4-5 secs., and the team obstacle race for the 100-guinea Crystal Palace Gold Challenge Cup was retained by the holders, the 26th Middlesex Cyclist Corps. A two-miles walking race in marching order was won by Private F. Donoghue, 1st V.B. Royal Fusiliers, in 20 mins. 23 2-5 secs., but he was disqualified for carrying an incomplete kit, and the race was awarded to Corporal Wood, 3rd V.B. East Surrey Regiment, who finished second. Sergeant Johnson, 8th Hussars, won the Heads and Posts on bicycles, and a Balaclava mêlée was won by the Royal Bucks. I.Y., who beat the 8th King's Royal Irish Hussars.

* * *

G. A. Olley, of the Vegetarian Cycling Club, who left Land's-end at eight a.m. on Tuesday, July 18, arrived at John o' Groats at 4.15 a.m. on the Saturday, thus covering the 855¾ miles in 3 days 20 hrs. 15 mins., beating the unpaced record by 11 hrs. 10 mins. The previous best was 4 days 7 hrs. 25 mins., accomplished by Dr. F. W. Wesley, of Nottingham, last year. The route taken by Olley was *vid* Exeter, Bristol, Gloucester, Worcester, Warrington, Wigan, Preston, Lancaster, Kendal, Carlisle, Edinburgh, Perth, Blair Atholl, Inverness, and Wick. He set himself to beat record by 15½ hours, but was delayed by a heavy storm on the Friday night.

* * *

Postponed on account of the rain, the finals of the World's Championship for motor-cycles and the 100 kilometres professional cycle championship were duly decided at Antwerp on July 24.

The motor-cyclists had an exciting time, as the famous Belgian crack, Olieslager, fell in the eleventh lap, while travelling at a speed of over 63 miles an hour. He was leading at the time. Despite the pace at which Olieslager was travelling he was unhurt. The event resulted in favour of Auzani, Italy, who covered the five kilometres in 4 mins. 1 3-5 secs. Pernette, France, was second.

In the 100-kilometre professional race, R. Walthour, America, retained his title by winning in 1 hr. 18 mins. 45 secs. Guignard, France, was second, and Dickentmann, Holland, third.

Miscellaneous.

"I congratulate you on winning my prize," said His Majesty the King to Sergt. A. J. Comber, of the 2nd East Surrey Volunteers, who at Bisley had the distinction of winning the great prize of the National Rifle Association—the King's Prize. The winner of the blue riband of rifle shooting served as a Volunteer in the South African War, and is well known as one of the leading shots in Surrey. He did particularly well in the longer ranges of the competition.

* * *

At Manchester, in the fourth test match, England defeated Australia by an innings and 80 runs. Having previously won at Nottingham and drawn at Leeds and Lord's, England has thus won the rubber and retained "the ashes."

* * *

"A man who is playing cricket," writes Lord Hawke, in the *Badminton Magazine*, "has to live temperately, to conduct himself properly, to retire to rest early, and generally to lead a healthy existence if he is to keep up his form.

"There is far more wear and tear in playing two first-class matches a week, with a railway journey after each, than most spectators seem to think. This is appreciated by the Colonial executive, for the members of the present Australian team are not allowed to accept any public invitations during the tour, except the dinners at Lord's and the Oval."

— Camping Out. —

* * *

IN connection with camping out, the *Daily Express* says:—

"There are other camps, which provide not only all the tents and requisites, but meals as well. These are health and physical culture camps. One has been a great success in the Isle of Man, and nearer London, at Abingdon-on-Thames, another is already in full swing. To this latter camp come young miners from the North of England, men who live underground all the year round, and factory hands from Leicester, and young clerks who stifle in offices through long working days.

"Last year this health-culture camp was pitched at Harlow, and over a hundred spent a week or a fortnight's holiday during the months of June, July and August, leading "the simple life," clad for part of the day in bathing dress only.

"This year a delightful spot has been chosen for the camp—an island known as the 'Rookery,' near Abingdon, in one of the loveliest reaches of the river.

"Sun-baths are the order of the day, and for the purposes of complete privacy a screen has been put up which gives the campers an Adam-like sense of freedom.

"Four sleep in one furnished tent, and the only thing which a camper is required to bring is an extra rug. Two large marquees form a dining-room and a gymnasium or play-room. Boating, swimming, cricket, fishing, and certain exercises are indulged in, with, of course, intervals for sun-baths.

"The meals—three substantial ones a day—are mostly vegetarian, but a mixed diet can be had for the asking. Such a thing as catching cold is not even mentioned in a camp where everyone goes bare-footed and bare-headed.

"A typical day in camp will find everyone astir at six. Then a swim in the river or a row down the stream, and breakfast at 8.30. Boating, fishing, cycling, or cricket till 1.30, then another good meal. More games or a sun-bath in the afternoon. Dinner at 7.30. Wrestling, boxing, or music later, and bed at 10.30.

"Some of the campers are week-enders only, and these are accommodated from Saturday to Monday for 7s. 6d.

"A full week for a Londoner at the health-culture camp would cost him 10s. 2d., third-class return fare to Abingdon, and £1 5s. for full board and accommodation."

Child Acrobats.

"I don't like children in acrobatic performances, especially girls," said Mr. Cluer at North London on Saturday, when he refused a licence for a girl of thirteen to perform in an acrobatic act at the Holloway Empire. "It is most undesirable that children should be so employed."

And Editorial Chat.

Although I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

W. E. Tinkler (Glasgow).—You cannot improve upon the course you are pursuing. Plasmon in its various forms would be of advantage to you.

G. S. Walters (Liverpool).—Thanks for good wishes. Am glad you liked the articles. The next series will surprise and interest you.

F. Hockley (Chichester).—(1) No. (2) It is always better not to attempt too much at the first. (3) Reduce the number of springs and the period of exercise to twenty minutes until you feel justified in increasing.

S F. Mason (Llanelly).—Thanks for congratulatory letter. Am glad our efforts have had such good results. Will bear in mind your suggestions for the future.

G. C. Phillips (Toronto).—I agree with you entirely, there is evidently an excellent field for capable men. Am pleased to learn that the Sandow system is so popular in Canada.

A. Seymour (Grimsby).—In your case I should certainly consult a qualified medical man before going in for serious exercise. It is a thing I always recommend.

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Vol. XV.

OF

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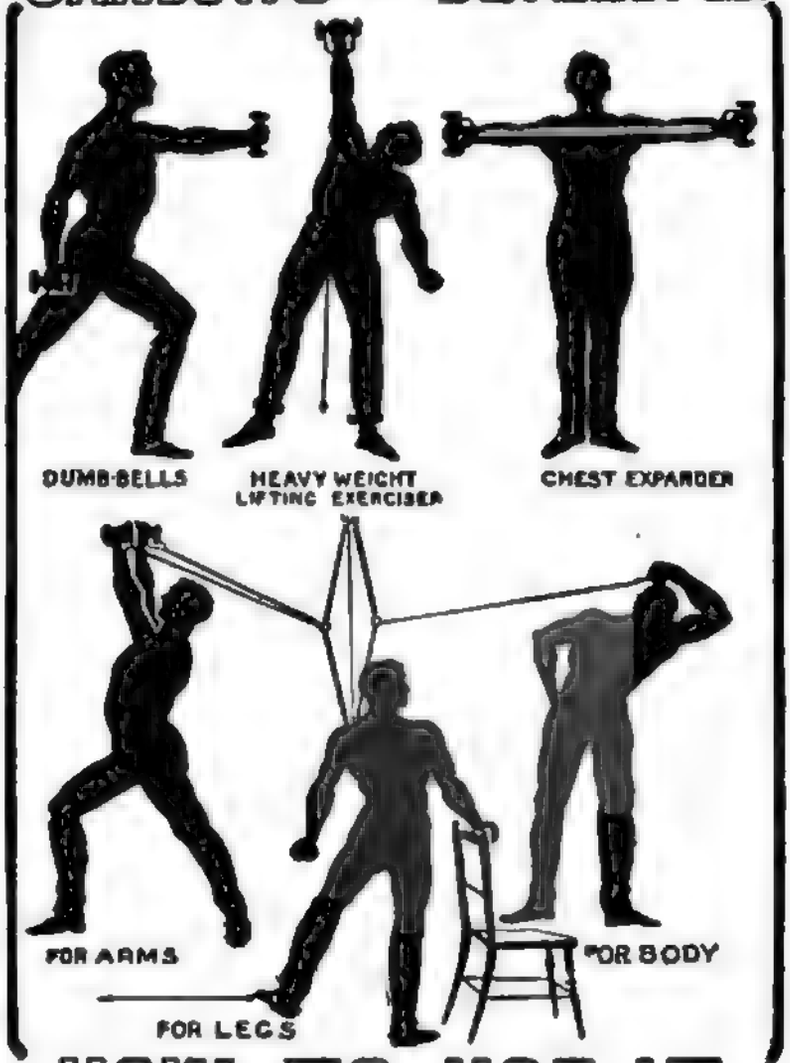

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Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front it possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.

Our Ladies' Pages.

Never before was advice so generously showered down upon women on the art of self-beautifying and physical development, says *Health*. She has been told to use massage to eradicate wrinkles, to practise exercises for lissomeness and the right formation of muscles; fencing and gymnastics of sorts have also been pressed upon her notice, and now she is told that if she would acquire grace there is absolutely nothing like the exercise obtained in billiard playing. The weight of the cue, we are told, tests the muscles of her right hand, the muscles of the left arm are strained slightly also as the player "takes aim," and in stretching her arms across the table a woman gives exercise to the muscles of the waist. The shoulders also come in for their share of exercise, and the net result of playing a few hours daily is said to be an easy and graceful carriage. Another self-constituted authority on the acquiring of feminine grace is, perhaps, the most convincing of all.

She notes the magnificent gait of Oriental women, which is the combined result of wearing loose draperies which leave the muscles perfectly free, and the custom which all these women follow from childhood of carrying burdens on their heads. "They carry themselves," she says of the women taking their butter and eggs to Jerusalem, "like figures of an antique bronze. As they stride along, holding in sure balance on their heads their jars and baskets of homely produce, they tread the stony paths with the grace and largeness of action that we Europeans have grown to regard as belonging to the age of the great Grecian sculptors." Shall we ever attain such perfection of movement? It is certainly doubtful so long as corsets and waist-belts are popular.

* * *

Lady Young has stated in reference to the ladies' bathing-place at Cookham, that she and Sir George Young did not think the place selected was at all suitable for ladies' bathing. From May to December she feared ladies would have to take cans of water with them, for there would certainly be insufficient water there. "Mixed bathing," Lady Young continued, "we are altogether against. The conduct of certain people in boats in the Formosa and adjacent backwaters now is most reprehensible; so much so, that we have to caution friends staying with us on Sundays not to go to the banks, and we have to keep a man on duty all day to move specially objectionable boating parties moored under the banks. We can well imagine what mixed bathing would be like if this class of people indulged in it, as no doubt they would. Why cannot the present Odney bathing-place, which is a very beautiful spot, be used during certain hours by ladies? Gentlemen would not mind giving way to ladies during a few hours each day, and the

ladies would have a much better place to bathe and swim in than could possibly be made at the spot chosen. Neither myself nor Sir George would object to this, and we would do all we could to help it, but for ladies' bathing only—mixed bathing, never."

* * *

To Miss Constance Barnicoat belongs the honour of being the first woman to succeed in making the ascent of the Aile-Froide, about the worst peak in the Oisans district of the Dauphiny Alps. Miss Barnicoat, who is a New Zealander girl, but has lived in London for several years, wore an ordinary suit of boy's clothes. She left La Bérarde, the well-known centre for mountaineers in the Dauphiny district, and after sleeping at the mountain bivouac, began the ascent proper at 3.45 in the morning, reaching the summit at ten o'clock. She arrived at Aile-Froide village late the same night, and wired to her friends in London the news of her successful ascent of 13,500 feet.

* * *

Robust health, prolonged youthfulness, and clear complexions, for which we all instinctively yearn, are dependent on good blood, and good blood can only be obtained when the lungs are kept fully supplied with plenty of oxygen.

It is almost impossible to enumerate the advantages to be acquired through this very simple habit of deep breathing.

Every woman's first duty in the morning should be to go to an open window and take in good, deep breaths, and also the last duty before retiring. Nervous people and those troubled with insomnia are notably poor breathers.

* * *

Deep chest-breathing is especially beneficial to them, because it not only rids the blood of impurities, but the mere muscular movement tends to relieve pressure on nerve centres by stimulating the circulation.

In walking care should always be taken to practise deep breathing. Draw in a good, deep breath, and see how many steps can be taken before exhaling; this is excellent practice. The best position for practising deep breathing is to stand erect with both heels together, the arms hanging loosely by the side, the chest raised, and the shoulders thrown back. Take at least ten long, deep breaths in this position.

* * *

It seems odd to be told that a good, old-fashioned yawn is good for one's health, but, as a matter of fact, it has a most excellent effect on the bodily functions. Stretching is nature's own method of physical culture. It is a favourite exercise with animals, children, and primitive people. The yawning which always accompanies the stretch is simply a full, deep breath, which is held or slowly exhaled during the stretch. This means a full supply of fresh air for the lungs, a cleansing of the blood passing through them, and an increased supply of oxygen for the blood.

The Palace Steamers.

The season of the Palace steamers is now in full swing, and the fine weather has already tempted thousands to participate in the delights of a trip to Margate, Ramsgate, Deal, and Dover by the *Royal Sovereign* or the *Koh-i-Noor*. The best people are attracted by these commodious and speedy boats. Only recently, on the *Royal Sovereign*, Mr. T. E. Barlow, the company's courteous managing director, was honoured by the presence of Lord and Lady Muskerry and Lord Lyveden, who were delighted with their trip, and expressed themselves in the most cordial terms concerning all the arrangements.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents July 10th-15th, 1905 :—

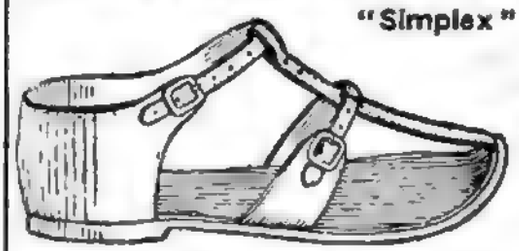
14273. H. Gray, London. Lighting of billiard saloons.
14305. E. G. Bevan, London. Croquet post and socket.
14335. C. S. Daniel, London. Sights for fire-arms. (Complete Specification.)
14383. J. F. Knight, London. Bladders for footballs and the like. (Complete Specification.)
14415. A. Carter, Bognor. Fishing reels.
14432. H. Worrall, Birmingham. Pocket cases or carriers for billiard chalks.
14452. F. J. Ball, London. Practice apparatus for games. (Complete Specification.)
14484. E. L. Pape, London. Golf balls.
14525. H. S. Price, London. Sea fishing lines.
14586. H. Denison, Leeds. Golf balls.
14588. The Birmingham Small Arms Co., Ltd., and G. Norman, Birmingham. Back-sights for small arms, etc.
14591. W. A. Long, Beckenham. Physical exercisers.

Specifications Published July 20th, 1905 :—

18205 of 1904. H. Sandeman, London. Appliances (flag-pins) for golf, etc.
18519 of 1904. O. E. Lewis, London. Tennis and like racquets, bats, etc.
19033 of 1904. G. L. Jefferies, Birmingham. Shields or protectors for the fore-sights of small arms.
20208 of 1904. J. Carter, Birmingham. Double-barrelled small-arms.
22147 of 1904. H. O. Clarke and J. W. Weeks, Maidstone. Handles for racquets, bats, etc.

SANDALS IN BROWN CALF

"Simplex" and "Starnthwaite" Patterns.



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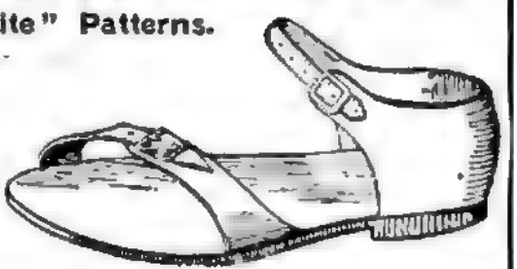

"Starnthwaite" Pattern.

"Starnthwaite," with straps from front of Sandal.

Sizes	2-5	6-9	10-12	13-2	Youths' 3 & 4	Women's 3-7	Men's 6-10
	5/6	6/6	7/6	8/3	8/7	8/10	9/10
Stronger	7/9	8/9	10/3	11/7	11/10	12/10	
Cashmere		..	9/3	9/10	9/10	10/10	
Do.	stronger		11/3	12/4	12/10	13/10	

If in Black Calf, 1/- pair extra. Toe-Caps 1/- pair extra.
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Specially recommended for Children and Sea-side wear.

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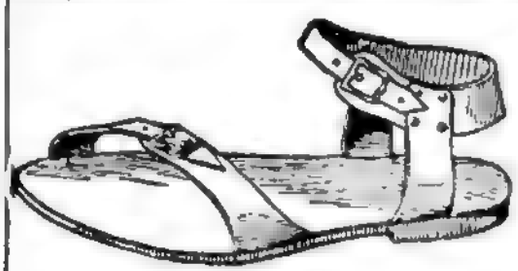
Straps from front of Sandal, 6d. per pair.
The lighter ones and the "Cinderella" pattern lined with wool, felt or leather, as preferred. Measurements required: a carefully drawn outline of each foot and size of boot worn.



"Simplex" and "Cinderella" Patterns.

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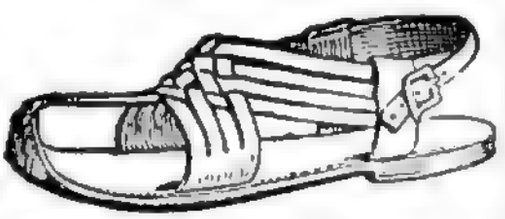

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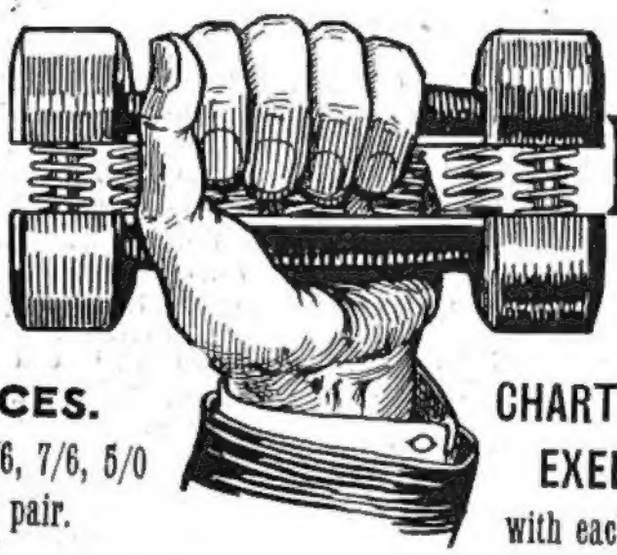

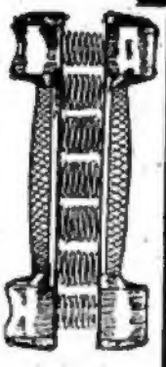

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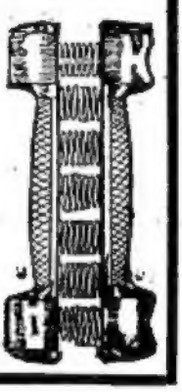

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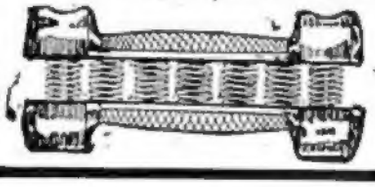

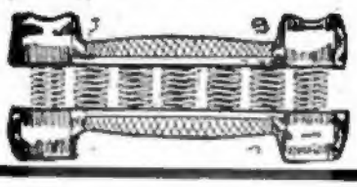

AMUSEMENTS.

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APOLLO—At 8-15, "Veronique." Mat. every Wed. at 2.

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CRITERION—Every evening at 9, "What Pamela Wanted." At 8-30, "That Eastern Anomaly." Mat. Sat. at 3.

DALY'S—Every evening at 8, "The Little Michus." Mat. Sat. at 2-30.

DRURY LANE—Henry Irving and Company in "The Merchant of Venice," at 8. Mat. Sat at 2-30.

DUKE OF YORK'S—Miss Ellen Terry and Miss Irene Vanbrugh in "Alice Sit-by-the-Fire," by J. M. Barrie. Preceded by "Pantaloon." Mat. Sat. at 2-30.

GARRICK—At 8-30, Mr. Arthur Bourchier and Miss Violet Vanbrugh in "The Walls of Jericho." Mat. Wed. and Sat. at 2-30.

GRAND, Islington—At 7-30. A West-End Company.

HAYMARKET THEATRE—At 8.20, "The Cabinet Minister." Mat. Wed. and Sat. at 2.30.

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